

# Volunteer News...

[www.visn2.va.gov](http://www.visn2.va.gov)

Recognizing the Efforts of VA Volunteers in Upstate New York

Summer 2015



**SUMMERTIME**  
 Volunteer Opportunities  
page 10



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## Web Site

[www.visn2.va.gov/vet/volunteer.asp](http://www.visn2.va.gov/vet/volunteer.asp)

The VAVS newsletter has been created for all volunteers and potential volunteers of VA Health Care Upstate New York. This publication is meant to showcase the wonderful work our volunteers contribute to VA. Produced by VISN 2 Public Affairs. Printed by Veterans in the Therapeutic Printing Program, Bath VAMC.

## We Want to Hear from You!

If you have any comments, questions, story ideas, etc. contact:  
VISN 2 Public Affairs  
VA at Clinton Crossings  
919 Westfall Road,  
Building B, Suite 115  
Rochester, NY 14618  
(585) 463-2642  
[Kathleen.Hider@va.gov](mailto:Kathleen.Hider@va.gov)

## A Special Request

This summer we would like to ask you to help us recruit volunteers to support a wide variety of patient programs and activities that are in need. Please help us by telling your friends, family members and community organizations you are affiliated with about the wonderful volunteer opportunities VA has to offer some of which are shown below.

*Once again, thank you for your precious time and support.*

Sincerely,

**Darlene A. DeLancey, M.S.**  
*Interim Network Director*



## New Volunteer Ambassador Program



Volunteer greeters are needed to provide information, direction and assistance in checking in for their medical appointments using the Kiosk. Read more at [www.buffalo.va.gov](http://www.buffalo.va.gov)

## Volunteer and Share Your Hobby



Volunteers with hobbies needed to share their skills and passion. Read more at [www.canandaigua.va.gov](http://www.canandaigua.va.gov)

## DAV Drivers Needed



The **Disabled American Veterans Transportation** program needs drivers to help take Veterans to and from their medical appointments. Read more at [www.albany.va.gov](http://www.albany.va.gov)

# ► Albany Highlights



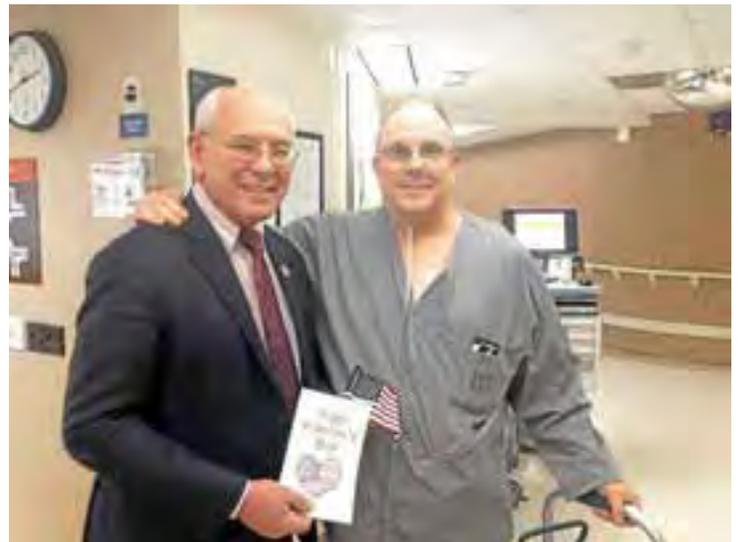
**State Capital Region Elks** representatives donated \$7,000 to the medical center. The funds will be used for the Social Work emergency fund, to support Project Lifesaver and to provide clothing to Veterans. Left to right: **Scott Guermonprez**, Associate Director Stratton VA Medical Center; **Johanna Baniak**, Elks VA Voluntary Services; **Jennifer Audette**, Social Work Executive; **Edward Baniak**, Elks VA Voluntary Services; **Linda Weiss**, Director Stratton VA Medical Center and **Al Articolo**, VA Police Chief.



**Ray Sestak**, VA volunteer and Vietnam Veteran, accepts the 50th Annual Four Chaplains Brotherhood award from **Todd Rosenfeld**, Commander **Jewish War Veterans of the United States Post 105**. Mr. Sestak volunteers both as a coordinator and driver for **Disabled American Veterans** and has logged more than 3,800 volunteer hours.



**George Freeman**, U.S. Army Veteran, tries on a brand new pair of boots donated to Voluntary Service by **Soldiers' Angels**. A total of 75 pairs of boots were donated for Veterans in need.



During this year's National Salute to Veteran Patients Week, Congressman **Paul Tonko** stopped by the medical center on Valentine's day to hand-deliver cards made by grade school children for Veterans. Above, Congressman Tonko (left) thanks **Jim Ferraioli**, Veteran, for his service and wishes him a Happy Valentine's Day.

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# ► Albany Highlights

## Wish List

- Coffee creamer, sugar and cups
- Crossword puzzles and word find books (large print)
- Gift cards for Price Chopper, Shop-Rite or Walmart
- iTunes gift cards
- Shower shoes (all sizes)
- Sweatpants and sweatshirts (all sizes)
- T-shirts and underwear (all sizes)
- Winter gloves

Please contact **Jim Keller** at (518) 626-5506 for more information.

## Volunteer Opportunities

- Canteen service
- Clothing room
- Companionship program
- Disabled American Veteran (DAV) drivers
- Event planner
- Fisher House support
- Kiosk
- Lab courier
- No Veteran Dies Alone - Hospice
- Vocational program support
- Voluntary Service office
- Wheelchair escorts

Please contact **Noney Grier** at (518) 626-5507 for the most up-to-date opportunities.

## Calendar

**Tuesday, May 19**  
**VA Voluntary Service Committee Meeting**  
1:00 p.m., Auditorium

**Wednesday, May 20**  
**2K Walk and Roll for Homeless Veterans**  
11:00 a.m. to 2:00 p.m., Front Lobby

**Monday, May 25**  
**Memorial Day Parade**  
9:30 a.m.

**Monday, May 25**  
**Saratoga National Cemetery Ceremony**  
11:00 a.m., Saratoga National Cemetery

**Friday, June 5**  
**Cancer Survivors Day**  
9:00 a.m. to 1:00 a.m., Fisher House

**Saturday, August 1**  
**Car Show sponsored by Vietnam Veterans of America**  
10:00 a.m. to 3:00 p.m., Employee Parking Lot



The **American Legion Riders** made a generous donation to the medical center. Local **American Legion Riders** chapters are looking forward to another productive year organizing motorcycle rides that help fund Veteran activities.

# ► Bath Highlights



U.S. Rep. **Tom Reed**, 23rd District of New York, visits **Calvin Swisher**, Veteran, during National Salute to Veteran Patients week.



**Charlene Colton** and **Diesel**, a pet therapy dog, participate in last year's K-2 walk. This year's K-2 walk is being held on May 20, 2015.



The **American Legion Riders Post 905** from Springwater, NY donated \$1500 for the holiday fund and also sponsored a **Mapletree Inn** lunch trip that 20 Veterans and many volunteers attended.

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# ► Bath Highlights

## Volunteer Opportunities

- Disabled American Veteran (DAV) drivers
- Kiosk/lobby
- Special events
- Friendly visitor – visit with Veterans
- Recreational aide

## Wish List

- Body wash
- Bread machine mixes
- Car models
- Coffee
- Creamer/sugar packets
- \*Denture adhesive
- \*Denture cleaner
- Gift cards for fast food, Walmart or Tops (\$5-\$10)
- Jewelry making supplies/beads
- Lotion
- Plain fleece blankets (twin)
- Shampoo
- Stamps

\***Homeless Veterans** program and **Jump Start** program need cleaning supplies, toasters, coffee makers, dishes, silverware, and pots & pans (can be gently used).



**Louis Withium** received the Volunteer of the Year award. Left to right: Louis Withium and **Michael Swartz**, Director Bath VA Medical Center.

## Calendar

**Friday, April 10**  
Volunteer Recognition Lunch

**Saturday, April 11**  
Christian Motorcycle Group Visit  
1:30 p.m.

**Thursday, April 16**  
VA Voluntary Service Meeting  
1:00 p.m.

**Saturday, April 18**  
Elks Fun Day  
Ithaca College, Ithaca, New York

**Saturday, April 25**  
American Legion Auxiliary Bingo  
Monroe County

**Sunday, April 26**  
New Vision Pioneers Carnival

**Monday, May 4**  
Knights of Columbus Bingo

**Saturday, May 9**  
Free Mason, Beef on a Wick Lunch  
Cuba, New York

**Wednesday, May 20**  
Italian War Veteran Lunch

**Monday, April 25**  
Memorial Day Service  
10:00 a.m., Bath National Cemetery

**Saturday, June 6**  
D-Day Motorcycle Ride and Visit

**Saturday, June 13**  
American Legion Picnic Lunch  
Horseheads, New York

**Saturday, June 13**  
American Legion Motorcycle Ride and Visit

**Saturday, June 20**  
Veterans of Foreign Wars Lunch and Fishing Trip  
Elmira, New York

**Every Wednesday in June, July and August**  
American Legion, Picnics for Community Living Center Residents



**Cub Scout Troop 166** and their parents visited the medical center to provide cheer and company to Community Living Center residents.



**Benevolent and Protective Order of the Elks** members visited the medical center.



**Marisa Zeppieri-Caruana**, Mrs. New York, visits with **William Cross**, Veteran, during National Salute to Veteran Patients week.



Best wishes to **Utaw Vines**, Voluntary Service Specialist, who recently transferred to the Carl Vinson VA Medical Center in Dublin, Georgia!

## Volunteer Opportunities

All volunteers must complete an orientation prior to volunteering. Orientations are held in Voluntary Service. Please call **Gina Deck** to schedule an appointment at (585) 393-7761. Thank you for considering volunteering with the Canandaigua VA Medical Center!

### Canandaigua VA/Rochester VA Outpatient Clinic

- **Activities** – recreation activities, socialization, games, cleanup, and wheelchair escorts. Includes evenings, weekends & holidays
- **Clerical assistant** - filing, organizing, answering the phone. Days and hours flexible
- **Hospice Care** – as needed; prefer Hospice-trained volunteers, but all applicants considered
- **Transportation** – driving a government vehicle to transport ambulatory Veterans to and from medical appointments. Various locations and times available
- **Laundry** - weekdays 7:00 a.m. to 5:30 p.m., three or more hour shifts
- **My HealthVet** - distribute information and assist Veterans interested in registering in the program
- **Food & Nutrition** – assist Veterans and help clean up Main Dining facility
- **Wheelchair escorts** – various times available to take Veterans in wheelchairs to their medical appointments or for a stroll around the park-like grounds
- **Veterans History Project** – assist with recording interviews with Veterans to be sent to the Library of Congress

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Thanks to VA  
volunteers

Activities such as the car  
are a big hit for Veterans



# show and an old fashioned baseball game each summer!

Check out last year's photos



# ► Canandaigua Highlights



## Wish List

- Baking items
- Body lotion, deodorant
- Forever postage stamps
- Gift cards for Dunkin Donuts, prepaid gas cards, Tim Horton's, Tops, Walmart, and Wegmans
- Granola bars, snack size chips
- Nail clippers
- Paper products (plates, napkins)
- Shampoo, shaving cream
- Sneakers, socks, shoelaces
- Sweatpants and sweatshirts
- Swim trunks
- Tickets to bowling, movies, sporting events, zoo and Bristol Mountain Rope Course
- T-shirts, underwear (new)

## For Homeless Program:

- Air mattresses (new)
- Alarm clocks
- Blankets and pillows (new)
- Brooms, mops, kitchen dishes and utensils (new)
- Cleaning supplies and toilet paper
- Pillow cases, sheets and towels (new)
- Vacuum cleaners



**Jim Rimmel** (left) and **Eric Watson** (right), woodshop volunteers, help Veterans with their carpentry skills. The woodshop is open four days a week from 10:00 a.m. to 2:00 p.m.

## Calendar

**Second Monday of each month  
(January – December)**  
**Bee Keepers Association Meeting**  
7:00 p.m.

**Third Monday of each month  
(January – December)**  
**Canandaigua Lake Trout Unlimited Meeting**  
7:30 p.m.

**Fourth Tuesday of each month  
(January – May)  
(September – November)**  
**Project Healing Waters Clinic**  
7:00 p.m.

**Fourth Wednesday of each  
month**  
**R/C Model Flying Club**  
6:00 p.m.

**Wednesday, May 6**  
**VAVS/Community Council**  
Building 5 Auditorium  
6:00 p.m.

**Tuesday, May 12**  
**\*Annual Memorial Service**  
1:30 p.m.

**Thursday, May 14**  
**\*Pie, Ice Cream and Plant Sale**  
9:30 a.m. to 1:30 p.m.

**Sunday, May 17**  
**\*Bingo**  
Noon

**Monday, May 25**  
**Canandaigua Memorial Day Parade**  
TBA

**Friday, June 5**  
**\*Canandaigua Middle School  
Jazz Concert**  
10:00 a.m.

**Friday, June 12**  
**Flag Day – Flag Distribution**  
8:00 a.m.

**Saturday, June 13**  
**Flag Day Sundaes**  
2:00 p.m.

**Saturday, July 4**  
**4th of July Cakes on all  
Community Living Centers**

**Sunday, July 19**  
**\*Motorcycle Show**  
10:00 a.m.

**\*Cookout & Ballgame**  
Courtyard 1 Pavilion  
Noon

Catholic Mass is held Monday, Tuesday and Friday in the Catholic Chapel in Building 3 at 11:00 a.m. and Sunday in Building 8B at 6:30 p.m.

Protestant Services are held on Sundays starting at 9:10 a.m. on 8B and 10:30 a.m. on 7B.

Please contact Chaplain Service at (585) 393-7886 for more information.

**\*Escorts Needed**  
*Escorts are needed 45 minutes prior to events to take Veterans to the Auditorium and/or Pavilion. Without your assistance, many of the Veterans may not be able to participate.*

# ► Syracuse Highlights



National recording artist **Ricky Lee** (standing fourth from left) visits with members of the **Combat Vets Association** and **Combat Vets Auxiliary**. The organization helped sponsor the artist's visit to the medical center.



Syracuse VA Medical Center got a head start on the 38th annual observance of VA's National Salute to Veteran Patients week on Saturday, January 31st when national recording artist **Ricky Lee** performed for patients and staff in the medical center auditorium.



**Irene Rohde**, President of the **New York State Veterans of Foreign Wars, Ladies Auxiliary** presented Dr. **Asif Ali**, Chief of Staff (left) and **Robert Mclean**, Acting Voluntary Service Manager (right) with a donation to help meet the special needs of VA patients and families.

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# ► Syracuse Highlights



Ventriloquist **Larry Brennan** provides fun and laughter to Veterans and staff at the medical center.



## Wish List

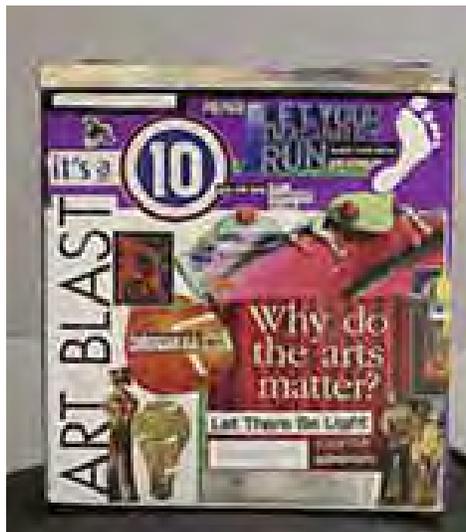
- Black pocket combs
- Deodorant
- Shaving cream
- Sweatpants (medium, extra-large)
- Sweatshirts (medium)
- Briefs (large)
- Shorts (small, medium, large, 2X, 3X)

Featuring **Rosie** and **Gigi**! These Pet Therapy dogs provide affection and support to hospitalized Veterans and outpatients.



## 19th Annual Creative Arts Show

The **19th Annual Creative Arts** show was held at the medical center with approximately 80 participants. First place entries have qualified to be included in the **VA National Creative Arts Competition** to be held later this year.



# ► Western New York Highlights



Stephanie Baxter and Barbara LeBarron, American Legion Auxiliary Post 928, presented Mark Francis, Voluntary Services Manager, with electronic games for Veterans.



The American Legion Auxiliary Post 35 donated a camera and printer to Voluntary Service. Left to right: Lynda Baudanza, Recreation Therapist; Donna Boyce, American Legion Auxiliary; Mark Francis, Voluntary Services Manager.



Patrick McGowan, recreation therapist, welcomes participants and kicks off the 2015 VA Western New York Creative Arts Festival.



Members of the 8th District American Legion Auxiliary sponsored the Creative Arts Festival. Left to right: Anne Baglio, Concord Unit 431; Kathie Renner, South Buffalo Unit 721; Cheryl Kollander, Lackawanna Unit 63.

## Calendar

**Wednesday, May 20**  
**VA Voluntary Service Meeting**  
 1:30 p.m., Batavia Campus, Building #4 Auditorium

**Monday, May 25**  
**Memorial Day Observed**  
 8:30 a.m., Batavia Campus, Building 3 Flag Pole

**Wednesday, May 27**  
**Batavia Volunteer Awards Ceremony**  
 Noon, Batavia, Clarion Hotel

**Sunday, May 30**  
**Memorial Day Observance**  
 2:00 p.m., Buffalo Campus, Freedom Hall

**Sunday, June 14**  
**Flag Day Observance**  
 1:00 p.m., Batavia Campus, Recreation Patio Building 4

**Wednesday, June 19**  
**VA Voluntary Service Meeting**  
 1:30 p.m., Buffalo Campus, Freedom Hall

**Saturday, July 4**  
**Independence Day Observed**

# ▶ Western New York Highlights



**Citi Corporation** donated dozens of gift cards to the medical center. Left to right: **Jonathan Williams**, Transaction Services Manager; **Jason Petti**, Associate Director VA Western New York Healthcare System; **Mark Attea**, Transaction Services Manager; **Kelly Clark-Roberts**, Volunteer Program Specialist.



Left to right: **Patti Badger**, Gold Star Mother; **Marlene Janiszkeski**, Gold Star Mother; **Georgian Davis**, National VA Voluntary Service Rep. American Gold Star Mother; **Diana Drzewiecki**, Activity Volunteer.



Community Living Center residents and VA staff celebrate the grand opening of the Non-Commissioned Officers (NCO) Club.



**Conrad Kania Marine Corp League Detachment 230** presented VA Western New York Healthcare System with an annual donation for Veterans. Left to right: **Hank Gornicki**, Adjutant; **Brian Stiller**, Director VA Western New York Healthcare System; **George Brock**, Judge Advocate.



The **Sons of the American Legion** made a generous donation to the medical center.

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# ▶ Western New York Highlights



## Wish List

- Art therapy supplies – Buffalo
- Birthday cards – Batavia/Buffalo
- Bus passes (Niagara Frontier Transportation Authority) – Buffalo
- Bread mixes – Batavia/Buffalo
- Canteen books – Batavia
- Comping coupons – Batavia/Buffalo
- DAV Volunteer Transportation Network – Batavia/ Buffalo
- Diabetic socks – Batavia
- DVDs – Buffalo
- Gift cards for Babies“R”Us, Target, Tops, Walmart, and Wegmans - Buffalo
- Gift cards for local restaurants such as Alexi’s, TF Browns, Tully’s, Pauly’s Pizza – Batavia
- Patient activities – Batavia/Buffalo
- Phone cards – Batavia/Buffalo
- Rolls of quarters for daily newspapers – Batavia/ Buffalo
- Seasonal admission tickets for the Buffalo Bills, Buffalo Sabres, and other recreational outlets – Batavia/Buffalo
- Snack packs – Batavia/Buffalo
- Stamps/stationery - Buffalo
- Travel dollars/financial support for Veterans in need – Batavia/Buffalo
- Treadmill(s) – Batavia/Buffalo
- Veteran clothing items – combs, diabetic socks, large nail clippers, sweatpants, sweatshirts, t-shirts, men’s and women’s undergarments (please check sizes needed prior to purchasing) and socks, as well as new clothing – Buffalo
- Welcome kits, personal hygiene items – Batavia/ Buffalo

### Homeless Veterans Program

Please call **(716) 881-5855** for donation needs. Items can be dropped off at the Buffalo VA (new socks and undergarments all sizes, new seasonal clothing for Veterans in need, personal care items, and small/basic apartment appliances

**Please Note:** Before purchasing any item, please contact the Volunteer Program Office to determine that the item has not been already purchased

**Friendly Reminders:** We no longer have a need for used clothing, puzzles, VHS tapes, hard cover books, and magazines (dated over three months).

**Batavia (585) 297-1196 ■ Buffalo (716) 862-8672**



**Franklin Tate**, Veteran, accepts a flower donation from **Trader Joe’s** on behalf of a fellow resident.



The **Patriot Honor Guard** created an avenue of flags outside the front entrance of the Batavia Non-Commissioned Officers (NCO) Club to welcome Veterans and visitors to the grand opening ceremony.

VA Health Care Upstate New York  
VISN 2 Public Affairs  
VA at Clinton Crossings  
919 Westfall Rd., Bldg. B, Suite 115  
Rochester, NY 14618

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#### VA Medical Centers

**Albany**  
113 Holland Avenue  
Albany, NY 12208  
(518) 626-5000

**Batavia**  
222 Richmond Avenue  
Batavia, NY 14020  
(585) 297-1000

**Bath**  
76 Veterans Avenue  
Bath, NY 14810  
(607) 664-4000

**Buffalo**  
3495 Bailey Avenue  
Buffalo, NY 14215  
(716) 834-9200

**Canandaigua**  
400 Fort Hill Avenue  
Canandaigua, NY 14424  
(585) 394-2000  
(800) 204-9917

**Syracuse**  
800 Irving Avenue  
Syracuse, NY 13210  
(315) 425-4400

#### Community-Based Outpatient Clinics

**Auburn**  
Auburn Memorial Hospital  
17 Lansing St.  
Auburn, NY 13021  
(315) 255-7002

**Bainbridge**  
109 North Main Street  
Bainbridge, NY 13733  
(607) 967-8590

**Binghamton**  
425 Robinson Street  
Binghamton, NY 13901  
(607) 772-9100

**Catskill**  
Greene Medical Bldg.  
159 Jefferson Heights  
Catskill, NY 12414  
(518) 943-7515

**Clifton Park**  
1673 Route 9  
Clifton Park, NY 12065  
(518) 626-5205

**Coudersport Satellite  
Clinic of Wellsville**  
24 Maple View Lane, Suite 2  
Coudersport, PA 16915  
(607) 664-4670 or  
1-(877) 845-3247 Ext. 44670

**Dunkirk**  
Valor Health Center  
166 East 4th Street  
Dunkirk, NY 14048  
(800) 310-5001

**Elmira**  
Health Services Building  
200 Madison Avenue, Suite 2E  
Elmira, NY 14901  
(877) 845-3247 ext. 44640

**Fonda**  
Camp Mohawk Plaza  
2623 State Highway 30A  
Fonda, NY 12068  
(518) 853-1247

**Glens Falls**  
84 Broad Street  
Glens Falls, NY 12801  
(518) 798-6066

**Jamestown**  
608 West 3rd Street  
Jamestown, NY 14701  
(716) 338-1511

**Kingston**  
324 Plaza Road  
Kingston, NY 12401  
(845) 331-8322

**Lackawanna**  
1234 Abbott Road  
Lackawanna, NY 14218  
(716) 821-7815

**Springville Satellite  
Clinic of Lackawanna**  
15 Commerce Drive  
Springville, NY 14141  
(877) 332-0087

**Lockport**  
5883 Snyder Drive  
Lockport, NY 14094  
(716) 438-3890

**Malone**  
3372 St. Rt. 11, Main Street  
Malone, NY 12953  
(518) 483-1529

**Massena**  
1 Hospital Drive  
Massena, NY 13662  
(315) 769-4253

**Niagara Falls**  
2201 Pine Avenue  
Niagara Falls, NY 14301  
(716) 862-8580

**Olean**  
465 North Union Street  
Olean, NY 14760  
(716) 373-7709

**Oswego**  
437 State Route 104E  
Oswego, NY 13126  
(315) 207-0120

**Plattsburgh**  
80 Sharron Avenue  
Plattsburgh, NY 12901  
(518) 561-6247

**Rochester**  
465 Westfall Road  
Rochester, NY 14620  
(585) 463-2600

**Rochester-Clinton Crossing**  
919 Westfall Road  
Rochester, NY 14618  
(585) 463-2600

**Rochester-Mt. Hope**  
1867 Mt. Hope Avenue  
Rochester, NY 14620  
(585) 463-2600

**Rome**  
Griffiss Park  
125 Brookley Road  
Building 510  
Rome, NY 13441  
(315) 334-7100

**Saranac Lake**  
33 Depot St.  
Saranac Lake, NY 12983  
(518) 626-5237

**Schenectady**  
1322 Gerling St.  
Sheridan Plaza  
Schenectady, NY 12308  
(518) 346-3334

**Tompkins/Cortland County**  
1451 Dryden Road  
Freeville, NY 13068  
(607) 347-4101

**Troy**  
295 River Street  
Troy, NY 12180  
(518) 274-7707

**Watertown**  
19472 U.S. Route 11  
Watertown, NY 13601  
(315) 221-7026

**Wellsboro**  
1835 Shumway Hill Road  
Wellsboro, PA 16901  
(607) 664-4680  
1-(877) 845-3247 Ext. 44678

**Wellsville**  
3458 Riverside Drive, Route 19  
Wellsville, NY 14895  
1-(877) 845-3247 (Bath)

**Westport/Elizabethtown**  
7426 NYS Rte. 9N  
Westport, NY 12993  
(518) 626-5236

**Vet Centers**  
**Albany Vet Center**  
17 Computer Drive West  
Albany, NY 12205  
(518) 626-5130

**Binghamton Vet Center**  
53 Chenango Street  
Binghamton, NY 13901  
(607) 722-2393

**Buffalo Vet Center**  
2372 Sweet Home Road, Suite 1  
Buffalo, NY 14228  
(716) 862-7350

**Rochester Vet Center**  
2000 South Winton Road  
Building 5, Suite 201  
Rochester, NY 14618  
(585) 232-5040

**Syracuse Vet Center**  
109 Pine Street, Suite 101  
Syracuse, NY 13210  
(315) 478-7127

**Watertown Vet Center**  
210 Court Street, Suite 20  
Watertown, NY 13601  
(315) 782-5479

#### National Cemeteries

**Bath**  
76 Veterans Avenue  
San Juan Avenue  
Bath, NY 14810  
(607) 664-4853/4806

**Saratoga**  
200 Duell Road  
Schuylerville, NY 12871  
(518) 581-9128

**Woodlawn**  
1825 Davis Street  
Elmira, NY 14901  
(607) 732-5411

#### Caregiver Support

**1-855-260-3274**

For help with caring for a  
disabled Veteran

[www.caregiver.va.gov](http://www.caregiver.va.gov)

#### Health Information on the Web

[www.myhealth.va.gov](http://www.myhealth.va.gov)

#### National Call Center for Homeless Veterans Hotline

**1-877-4AID-VET**

**1-877-424-3838**

#### TelCare

**1-888-838-7890**

24-hour, toll-free medical advice  
for enrolled Veterans

#### Veterans Crisis Line

**1-800-273-8255, press 1**

Chat online at [www.VeteransCrisisLine.net/Chat](http://www.VeteransCrisisLine.net/Chat) or text to **838255** any-  
time for free and confidential support

#### Veterans Service Contact Center

**1-888-823-9656**

For information on eligibility, health  
care benefits, or billing questions

#### Women Veterans Call Center

**1-888-VA-WOMEN**

**1-888-829-6636**

For information on eligibility,  
benefits and health care

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